

IN THE CLAIMS:

1. (previously amended) An exercise machine comprising:

first means for providing a user option to apply positive resistance to a first leg and a second leg during pushing or pulling motions or to apply positive resistance to said first leg during pushing motions while providing positive resistance to said second leg  
5 during pulling motions;

second means for providing a user option to apply positive resistance to a first arm and a second arm during pulling motions or to apply positive resistance to said first arm and said second arm during pushing motions; and

10 third means for facilitating abdominal crunches or back hyperextensions while exercising said legs and said arms via said first and second means.

2. (previously amended) The exercise machine of Claim 1 wherein said third means includes a seatback linked to said first and/or second means so that actuation of said first or second means causes actuation of said seatback, and wherein force applied via said first arm and/or second arm affects resistance felt by said first leg and/or said second leg and  
5 affects resistance to motion of said seatback, said seatback including means for securing an upper body to said seatback.

3. (currently amended) The exercise machine of Claim 1 further including fourth means for varying resistance experienced by a user during select portions of a particular exercise motion relative to other portions of said exercise motion to facilitate targeting different muscle groups with different degrees of resistance.

4. (previously amended) The exercise machine of Claim 2 wherein said third means further includes mechanical links between said first means, said second means, and said third means, said mechanical links interconnecting said first, second, and third means via swivel connectors.

5. (currently amended) An exercise machine comprising:

first means for providing a user option to apply positive resistance to a first leg  
and a second leg during pushing or pulling motions or to apply positive resistance to said  
first leg during pushing motions while providing positive resistance to said second leg  
5 during pulling motions;

second means for providing a user option to apply positive resistance to a first  
arm and a second arm during pulling motions or to apply positive resistance to said first  
arm and said second arm during pushing motions;

10 third means for facilitating abdominal crunches or back hyperextensions while  
exercising said legs and said arms via said first and second means; and

wherein said exercise machine includes a seat that is vertically stationary relative to a surface upon which said exercise machine rests during operation of said exercise machine, said seat accommodating said user to facilitate operation of said first, second, and third means.

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6. (currently amended) The exercise machine of Claim 4 further including fifth means employed by said first and second means for enabling said user to selectively adjust resistance levels felt by said arms and legs at different portions of said similar one  
portion of an exercise motion relative to another portion of said exercise motion to enable target loading of specific muscles or sections thereof.

7. (cancelled)

8. (currently amended) The exercise machine of Claim 7 A full-body exercise machine comprising:

a sitting support;

second means for providing positive resistance to motion of a user as said user  
5 moves one or more limbs into an extended position when sitting on said sitting support;  
and

third means for providing positive resistance to motion of said one or more limbs  
as said user moves said one or more limbs into a compressed or curled position when  
sitting on said sitting support, said second means and said third means configured so that  
10 resistance affecting a first limb of said one or more limbs affects resistance applied to a  
second limb of said one or more limbs, said one or more limbs including one or more legs,  
and wherein said one or more limbs includes one or more arms, torso, and wherein said  
sitting support is vertically stationary during operation of said exercise machine.

9. (currently amended) A full-body exercise machine comprising:  
a sitting support;  
second means for providing positive resistance to motion of a user as said user  
moves one or more limbs into an extended position when sitting on said sitting support;  
5 and

third means for providing positive resistance to motion of said one or more limbs  
as said user moves said one or more limbs into a compressed or curled position when  
sitting on said sitting support, said second means and said third means configured so that  
resistance affecting a first limb of said one or more limbs affects resistance applied to a  
10 second limb of said one or more limbs, said one or more limbs including one or more arms,  
one or more legs, and torso; and wherein said first means includes a stable frame; wherein  
said sitting support is rigidly mounted on said frame; and wherein said frame includes a  
main support beam having a first end and a second end, said first end connected to a first  
stabilizer, said second end connected to a vertical support beam that is attached to a  
15 second stabilizer, said second end higher than said first end as determined by the height of  
said vertical support beam, which is adjustable.

10. (currently amended) The exercise machine of Claim 9 A full-body exercise machine comprising:

a sitting support;

second means for providing positive resistance to motion of a user as said user

5 moves one or more limbs into an extended position when sitting on said sitting support;

third means for providing positive resistance to motion of said one or more limbs

as said user moves said one or more limbs into a compressed or curled position when

sitting on said sitting support, said second means and said third means configured so that

resistance affecting a first limb of said one or more limbs affects resistance applied to a

10 second limb of said one or more limbs, said one or more limbs including one or more arms,

one or more legs, and torso;

wherein said first means includes a stable frame;

wherein said sitting support is rigidly mounted on said frame;

wherein said frame includes a main support beam having a first end and a second

15 end, said first end connected to a first stabilizer, said second end connected to a vertical

support beam that is attached to a second stabilizer, said second end higher than said first

end as determined by the height of said vertical support beam, which is adjustable; and

wherein said second means includes a first tension band, a first end of said tension

band connected to said frame, a second end of said tension band connected to a back

20 support member, said back support member attached to a wheel resting on said frame so

that when said user extends said one or more limbs to actuate said back support member,

said wheel rolls along a main support beam of said frame, causing said tension band to

extend.

11. (original) The exercise machine of Claim 10 wherein said second means includes a second tension band, a first end of said second tension band connected to said frame, a second end of said second tension band connected to said back support member so that when said user tucks said one or more limbs to actuate said back support member,

5 said wheel rolls along a main support beam of said frame, causing said tension band to extend.

12. (original) The exercise machine of Claim 10 wherein said back support member is mechanically linked to an arm member at a first swivel connector at a pre-selected position along said arm member, and wherein said arm member is connected to said frame at a second swivel connector positioned on said arm member above said first swivel  
5 connector and in front of said stable sitting support so that said stable sitting support is positioned between said wheel and said second swivel connector on said frame.

13. (original) The exercise machine of Claim 12 further including a first foot support and a second foot support mounted to a first foot member and a second foot member, respectively, said first and second foot members connected to said frame in front of said second swivel connector via a third swivel connector, thereby allowing said first  
5 and second foot supports to move in a pendular motion relative to said frame.

14. (original) The exercise machine of Claim 13 wherein said first foot member and said second foot member are connected to a first end of a first linking rod and to a first end of a second linking rod at fourth and fifth swivel connectors, respectively, which are positioned between said third swivel connector and said first and second foot supports on  
5 said first and second foot members, respectively.

15. (original) The exercise machine of Claim 14 wherein a second end of said first linking rod is connected to a sixth swivel connector or a seventh swivel connector positioned above or below said second swivel connector, respectively, on said arm member, and wherein a second end of said second linking rod is connected to an eighth  
5 swivel connector or a ninth swivel connector positioned below or above said second swivel connector, respectively, on said arm member.

16. (original) The exercise machine of Claim 9 wherein said second means and said third means include an adjustable swivel connector having a pivot resistance that is user-adjustable, said adjustable swivel connector connecting one or more rigid members of said full-body exerciser to said frame, said one or rigid members accommodating said one or  
5 more limbs of said user.

17. (original) A full-body exercise device comprising:  
a frame having a seat mounted thereon;  
arm and foot levers linked to said frame; and  
a seatback linked to said frame and said arm and foot levers so that actuation of  
5 said arm and foot levers causes actuation of said seatback and not said seat.

18. (currently amended) The invention of Claim 17 further including A full-body  
exercise device comprising:

a frame having a seat mounted thereon;  
arm and foot levers linked to said frame;  
5 a seatback linked to said frame and said arm and foot levers so that actuation of  
said arm and foot levers causes actuation of said seatback and not said seat; and

first means for selectively applying resistance to said arm and foot levers to adjust  
said full-body exercise machine for efficient aerobic or anaerobic exercise; wherein said  
seat is vertically stationary; and wherein said first means includes one or more tension  
10 bands or resistive swivel connectors connected between said frame and links, said links  
positioned between said seatback and said frame and further including means for  
selectively uncoupling said seatback with said arm and foot levers to prevent actuation of  
said seatback in response to actuation of said arm and foot levers, thereby stabilizing said  
seatback relative to said frame.

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19. (previously amended) A full-body exercise device comprising:  
a seat;

a seatback, wherein said seatback may move independently of said seat;  
one or more handles connected to one or more arm levers;  
5 one or more foot supports connected to one or more foot levers;  
a source of resistance; and  
means for linking force applied to said seatback to said one or more arm and foot  
levers and visa versa so that when said force is applied to said seatback, said one or more  
arm levers, and/or said one or more foot levers, said force works against said source of  
10 resistance.

20. (previously amended) The exercise device of Claim 19 wherein said seat  
remains at a predetermined elevation during operation of said exercise device, and wherein  
said seatback is movable in response to actuation of said one or more arm and foot levers  
by said user or by direct application of force on said seatback by said user.

21. (allowed) A full-body exercise device comprising:  
a seatback;  
one or more handles connected to one or more arm levers;  
one or more foot supports connected to one or more foot levers;  
5 a source of resistance;  
means for linking force applied to said seatback to said one or more arm and foot  
levers and vice versa so that when said force is applied to said seatback, said one or more  
arm levers, and/or said one or more foot levers, said force works against said source of  
resistance, means for linking including linking rods, said linking rods readily connectable in  
10 various configurations including: a first configuration wherein pulling back on said one or  
more arm levers causes first and second foot levers to move backward together, and a  
second configuration wherein pulling back on said one or more arm levers causes said first  
foot lever to move back while said second foot lever moves forward; and  
wherein said seatback is movable in response to actuation of said one or more arm  
15 and foot levers by said user or by direct application of force to said seatback by said user.

22. (allowed) The exercise device of Claim 21 wherein pulling back on said one or more arm levers causes said seatback to move forward, and moving said seatback forward causes said one or more arm levers to move back, thereby enabling a rowing action and abdominal crunch action to occur simultaneously.

23. (currently amended) An exercise machine comprising:

first means for providing a user option to either apply positive resistance to a first leg and a second leg when said first leg and said second leg or parts thereof move simultaneously in similar directions or to apply positive resistance to said first leg and said second leg when said first leg and said second leg or portions thereof move simultaneously in different directions;

second means for providing a user option to apply positive resistance to a first arm and a second arm during pushing motions or to apply positive resistance to said first arm and said second arm during pulling motions; and

third means for facilitating abdominal crunches or back hyperextensions while exercising said legs and said arms via said first and second means.